

Shapes of Style

Personal Style Guide for: _____

You must assess yourself to accept yourself.

Be totally honest when answering these questions. No one is perfect but we all have attributes!

Your answers are the key to shaping the perfect style for you!

How do you feel about your physical appearance? Play up your assets!

<u>CATEGORY</u>	<u>IN SHAPE (+)</u>	<u>OUT OF SHAPE (-)</u>
HEIGHT/BUILD	_____	_____
HAIR	_____	_____
SKIN/MAKEUP	_____	_____
FEET/HANDS	_____	_____

How do you classify your overall style and image?

_____ Athletic/sporty _____ Trendy _____ Classic/Preppy _____ Confused

What style and image do you desire to project?

_____ Athletic/sporty _____ Trendy _____ Classic/Preppy _____ Confused

Is your wardrobe organized?

Do you stress about what to wear when you are invited to an event?

Do you have a large wardrobe with nothing to wear?

Do you like to mix and match?

Are accessories an important part of your wardrobe?

Where do you shop?

How often?

Do you have a very limited budget?

Do you like to shop?

You and your size:

Clothing sizes are meant to guide you to find the best fit for your body – they vary from brand to brand, so don't get hung up on always wearing the same number. The proper fit is what is most important. Now grab a measuring tape and:

Measure your waist _____ hips _____ bust _____ height _____

Voilà! You now know your shape! Understand that you have bigger parts and smaller parts and own **all** of them!

Did you know YOU are the most important accessory you wear every day?
That being said, it's time to **assess, accentuate** and **accept** fabulous YOU!

You and your hair:

When was the last time you updated your hair color and style? _____
Do you have time to style your hair daily? _____
Do you know your hair type and face shape? _____
Do you work with a trusted salon stylist? _____

Now, keep up the good work or make an appointment with a good stylist and update your look!

You and your skin and makeup:

Do you have a skin care routine? _____ ***If not, you need one!***
When did you last update your makeup brand and/or technique? _____

Now, take great care of your skin and make an appointment with a professional or go online for application tutorials. Wearing just a little makeup makes a huge difference for a polished look!

You and your nails:

What is the condition of your nails? _____
How often do you mani/pedi your nails (at home or professionally)? _____

Now, stop biting or picking at your nails and get manicured. Follow online tutorials for guidance or treat yourself to a salon visit. Just do it and keep them in tip top shape!

You and your fragrance:

Do you wear a signature fragrance? _____

Stop and really sniff yourself...Keep it subtle because less is more!

Now that you have completely assessed yourself and learned to accentuate your most positive features, you can truly accept yourself...You are totally prepared to DRESS TO IMPRESS!

Nothing stays the same, so re-evaluate every year and make adjustments along the way.

Still feeling CONFUSED????

If you feel overwhelmed, send out an SOS! Contact us at: www.dresstoimpressllc.com